

POST-ANESTHESIA INSTRUCTIONS

1. Dr. Nguyen may prescribe pain medications to minimize or eliminate any post-treatment discomfort. These should be taken as directed. Additionally, other medications may be taken as directed.

Recommended taking of post-operative medications is as follows:

2. If you are taking any prescribed medications (such as blood pressure, heart or seizure medications, etc.), these should be resumed on the normal schedule unless instructed otherwise.

3. The patient should be in a lying position for the ride home. He/She should remain down (lying or reclining) for the rest of the day; the only exception is to go to the restroom. The patient must have someone accompany him/her into the restroom in the event he/she feels dizzy or loses his balance. Excessive motion (or sitting up) may cause dizziness and/ or nausea. If the patient feels dizzy or especially faint, have him lie down immediately.

4. It is important to make the patient drink fluids with calories approximately every 30 minutes for the first three hours (if the patient is sleeping, he/she should be awakened at these intervals). Large amounts of fluids (especially those with substantial calories such as juice, soup, milkshakes, protein drinks, Slim-fast, Gatorade, etc.) are encouraged the first 48 hours, in addition to other food that the patient can comfortably consume. Nausea occurs infrequently. If this does, keep the patient lying down, wait a short time (i.e. 15 minutes) and give more fluids. In some instances, soda (i.e. Sprite or 7-Up) may be given if allowed by the dentist. If nausea persists, please contact me so appropriate management can be instituted.

5. Patients should get plenty of rest for the first 24 hours. There should be no outside activity for the remainder of the day. After that time, activity may be resumed based upon the surgery and other post-treatment considerations. A small percentage of patients may feel tired after the first day. This is generally due to inadequate fluid and nourishment intake. No operating machinery (cars, lawnmowers, etc.) or potentially dangerous toys (bicycles, scooters, etc.) for 24 hours. Additionally, no alcoholic beverages are to be consumed for at least 24 hours or while taking pain medicine.

If there are any questions or concerns at any time, do not hesitate to call our office at (210) 372-9090. We want to make the patient's recovery as easy and quick as possible.